

Kitcheneering Course Begins Wed., April 25

Mrs. Edith Jeffers Freeman Comments On Changing Habits of Women

"Women never change," say our most profound students of human nature and, generally speaking, Mrs. Edith Jeffers Freeman agrees with them.

But Mrs. Freeman, who will conduct the Safeway Stores and Piggly Wiggly Homemakers' Bureau's course in "Kitcheneering" here for three days beginning Wednesday, April 25, finds that her work reaches close to the domestic desires of women and that recent years have shown a marked change in what housewives want to do and learn to do. "In my most recent experience in handling cooking schools," says Mrs. Edith Jeffers Freeman, "I have noticed that women have become increasingly enthusiastic about new simple and delicious ways to prepare plain, every-day foods, and party refreshments. This, I believe, is due largely to changing economic conditions and to the increase in home entertaining."

Women are now buying food-stuffs more intelligently, Mrs. Freeman finds. In her experience, there appears an increasing preference for nationally-known brands, and a greater familiarity with such technicalities as cuts of meat, while attendance at cooking schools and attention to instructive magazine and newspaper articles has been definitely on the increase during the past few years, she points out.

Women's interests, as noted by the prominent Safeway Stores and Piggly Wiggly home economist, is that in candy and cookies making. Whereas, according to Mrs. Freeman, women have, during the past decade, considered it "old-fashioned" to devote time in the kitchen to such creations, there is now a definite swing back to old-time habits.

"In fact," she states, "the 'old-fashioned' woman is on her way back to the foreground. They do say that even the Gibson Girl, somewhat modernized, of course, is to be with us again, and everyone remembers that the Gibson Girl, even in the height of her style, was quite apt to be a rather domestic person. At any rate, Julia Lee Wright, director of our Homemakers' Bureau, has arranged the program of 'Kitcheneering' so that all three days will have plenty of material to appeal to the most modern-minded housewife, no matter how old-fashioned she may be."

Mrs. Freeman pointed out that Safeway Stores and Piggly Wiggly through the Homemakers' Bureau, extends a hearty invitation to every local housewife and prospective housewife to attend "Kitcheneering." The three-day course will be held in the Torrance Theatre and will start each afternoon, beginning Wednesday, April 25, promptly at 2 o'clock. Doors will open at 1 o'clock. No admission fee is charged.

Old Favorite Goes Modern

"Crackuh puddin'" was a favorite delicacy back in your mother's childhood days, and if she came from New England or the Old South she was sure to have known this tempting concoction.

Particularly in the Southern States, where the Aunt Mandys and the Aunt Cindys ruled the kitchen, was cracker pudding popular.

Aunt Cindy, wielding her rolling pin to good advantage and substituting a cup of cracker crumbs for a cup of flour, made the first "crackuh puddin'."

Although the modern variety of cracker pudding is a far cry from those the colored mamies turned out, it is equally wholesome and delicious. Today it may be frozen in the electric refrigerator, baked in the fireless cooker or just made plain.

Graham crackers, particularly those baked with honey, are best adapted to cracker puddings. While their distinctive flavor lends a rich nutty taste to the dessert, their graham flour content introduces some fibrous material or roughage into the diet, as well as some useful minerals. Being sweet in themselves the graham crackers save sugar in cooking and make the pudding more economical. Their fuel value is high, being equivalent to 1955 calories per pound.

Here is one characteristic cracker pudding: **GRAHAM CRACKER BETTY**
3 graham crackers
2 tablespoons strained applesauce
Whipped cream
Chopped walnuts
Roll graham crackers fine, three for each dish. Put in glasses with a hollow in the center. Fill hollow with applesauce, flavored with cinnamon and cloves, spread with whipped cream and sprinkle with walnuts. Chill in electric refrigerator and serve very cold.

PACKING THEIR KITCHENS IN TRUNKS



Members of the Safeway Stores and Piggly Wiggly Homemakers' Bureau staff, who are directing this year's course in Kitcheneering, are shown packing their trunks in preparation for their travels.

A complete kitchen that can be carried in a trunk! (Well, the kitchen range and refrigerator are not included.) Otherwise, this kitchen is a duplicate of the Safeway Stores and Piggly Wiggly Homemakers' Bureau test kitchen. Homemakers attending the Kitcheneering course will note the colorful equipment. Julia Lee Wright, director of the bureau, and her assistants are firm believers in color—the Testing Kitchen itself is a symphony in cherry red and cream.

The first equipment ordered for the kitchen was a red tea kettle,

acquired only after long search. To go with this bright red kettle, are creamy walls, built-in fixtures of lent green and bright checked curtains in which red predominates.

So cheerful did Mrs. Wright and her assistants find this color scheme that it must go traveling with them.

The red tea kettle has become a sort of trademark for the Homemakers' Bureau. The Kitcheneers themselves have grown so fond of their cheerfully bubbling slogan they have hunted red tea kettles for their own homes.

Helpful Hints For Dried Fruit Cooking

When cooking dried fruits, such as prunes, apricots and figs, add a teaspoonful of cornstarch to each half pound of fruit. This makes a good syrup and improves the color. Much less sugar is required if a little salt is added and the flavor will also be improved. Before adding the sugar, stir in a quarter of a teaspoon of soda to each quart of acid-fruit when stewing it and much less sugar will be required.

Father Isn't Overlooked-- Kitcheneers Suggest Party

Kitcheneering apparently leaves out father, although you'd be surprised at the number of men who attend the cooking schools. So that father won't feel neglected, the Safeway Stores and Piggly Wiggly Homemakers' Bureau suggests something for him.

Every man enjoys a stag party and, of course, it goes without saying the better the food the better the party. This doesn't mean "frills" or "fancy cooking" either, for when men entertain their own friends in their own way they invariably choose plain, rather hearty food.

At a real stag party no woman should appear, and the hostess' only duties are the "before and after" ones of preparing the food and cleaning up after the party. If father is the type who has some special pet recipe which he is fond of concocting, by all means make that the high light in the meal, for he will take great pride

in making something just a little better or different than anyone else. Broiled steaks or juicy prime rib roasts of beef are favorites with masculine cooks and are also quite simple to prepare.

A dinner which is quite sure to please is:

- Thick Soup, as Potatoes or Spilt Pea
 - Prime Rib Roast of Beef or Broiled Steaks
 - Potatoes, Mashed or Au Gratin
 - Baked Onions or a Buttered Green Vegetable
 - Crisp Green Salad with Sharp French Dressing
 - Pie or Flaming Coffee
 - Sugar and Cream
- Baked or broiled fish may take the place of meat. Pie seems to be a favorite dessert and the only care you need to take is to provide plenty of it. The course with which the coffee is served depends on the host, but it is a

pretty safe thing to count on most of the men preferring it with the main course, and then—some more with dessert.

Of course, father may be an inexperienced cook who has never been allowed to "try his hand," and he may feel a little timid about experimenting on his guests. In this case a meal could be planned to be actually cooked ahead of time. Then soup can be kept warm in a double boiler or be replaced by a clam broth or sea food cocktail which is on the table when the guests arrive. Baked ham is good either warm or cold and well-baked potatoes are easy to heat in the oven.

The formality of the dinner depends on the host. If he wants to serve everything on one plate, eat all the food with the same fork and leave the dishes on the table, he should feel free to do so. However, it is the hostess' job to make sure that the correct silver is on the table or the guests are liable to find they have to choose between a butter spreader and a teaspoon with which to eat their pie. Everyone praises a good cook, so give father his turn in the limelight.

Temperature Vital Factor

Temperature is a very important factor in the preparation of good pastry. No matter what kind of a pie is in the making, or the filling that is being used, the oven must be hot (425 to 450° F.) when the pastry is put in. The pastry shell will be baked in about 10 minutes. For a two-crust pie with a raw filling, reduce the heat in 10 minutes to 400° F. and bake 20 to 40 minutes longer, or until the filling is cooked.

A single crust pie, such as pumpkin or custard should be put in a hot oven for 10 minutes and the temperature then reduced to 450 degrees. Bake until the filling is firm.

SAVE THAT EGG!

If a boiling egg is cracked, do you remember that a pinch of salt added quickly to the water may prevent the egg from boiling out? And do you know that adding a tiny pinch of salt to fresh milk will make it keep much longer?

FOUR MENU MARVELS

... and more to follow at the Cooking School

Cheese and Crab Delight
Lives up to its name!

Cook 2 tablespoons chopped green pepper in 2 tablespoons of butter. Blend in 2 tablespoons flour, 1/2 teaspoon mustard, salt and pepper, 1 cup stewed tomatoes, 1 package of Kraft American Cheese, grated, and one slightly beaten egg. Add 3/4 cup of hot milk and 1 cup of crab meat. Serve hot on toast or in pastry cups. Kraft American Cheese, you know, is the pasteurized, packaged American, famed for its full, natural Cheddar flavor!

Velveeta Crisps
... perfect for parties!

Over hot water, soften a package of Kraft Velveeta... the delicious cheese food that's digestible as milk itself. Cut fresh bread in very thin slices, trim crusts and spread with Velveeta. Roll up, skew with toothpicks and toast under broiler flame, turning often. Hidden in Velveeta's deliciously mild Cheddar flavor are the health-protective elements of many foods, richly concentrated. A wonderful food for children.

Creamed Old English
for a husband's pie

Apple pie and cheese... straight road to a man's heart! Shred Kraft Creamed Old English, the deliciously sharp Cheddar. Sprinkle on pie—generously! Kraft Creamed Old English toasts beautifully—spreads easily, too!

After the bridge game
... this Swiss Sandwich!

Lightly butter two slices of bread. Spread with mustard and top with slices of the deliciously nut-sweet Kraft Swiss cheese. Toast under the broiler flame. Serve as a two-deck sandwich garnished with pickles and crisp broiled bacon.

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